

## Reach's Secondary School Workshops continue to explore the themes facing young people at particular stages in their development.

Providing safe and supportive spaces for students to discuss and share their experiences, successes and challenges. These workshops aim to improve resilience and self-belief, enhance social and emotional skills and improve connections amongst the peer group. The Diverge and Legacy workshops have a stronger focus towards future thinking and goal setting beyond school.

## Content

### For class groups up to 70

#### Peer Dynamics

Explores judgement, confidence and group dynamics, and the impact judgement has on individual confidence and peer dynamics. By recognising the need to create safe environments, this workshop empowers individuals to ask, "What role do I play in creating the class environment?" "Am I making it better or worse through the choices I'm making?"

#### Spotlight

Further explores judgement and its impact on self and others. Introduces the relationship between our protection and our true self. The workshop also promotes getting to know the true self of others. "I am open to seeing the true person, or am I stuck with my initial judgements?"

#### Locker Room (for male identifying young people)

Acknowledges and challenges society's views of masculinity and the positive and negative impacts of current male stereotypes. There is also a focus on current male issues and how many in the group have similar challenges to conform to unrealistic stereotypes.

#### Mirror (for female identifying young people)

Encourages girls to examine the constraints and constructs placed upon femininity and to understand the authentic self that lies beneath these. Creating a sense of unity as women and working towards rewriting the norm of what it means to be a woman.

#### Diverge – 90 minute edition

Exposes the uncertainty that young people feel about their future and works to connect the shared challenges that comes with preparing for their career. This workshop aims to embrace adversity as an opportunity for growth and development, and builds on skills necessary for the future of work.

#### Purpose

Allows young people to unpack their own definition of success and the leadership they want to embody before graduation. Legacy encourages the cohort to look at what they value, reflect on where they are now, and celebrate how far they have come.

#### Thrive (Gender workshops) – 1 day at a School

Thrive is an extended version of Reach's gender focused workshops, Locker Room and Mirror. In this full day workshop held at your school (or at Reach), Reach facilitators will run the split gender workshops in the morning. In the afternoon follow up, the full group of young people will come together to share how their gender identity impacts them and how they can support one another with a new-found lens. Reach is also committed to creating safe spaces for young people who are exploring their gender identity outside of the binary and can work with your school to set these workshops up in a way to make all young people feel included.

#### Grounded – 2 days, running each term **Off campus**

Grounded provides an opportunity to explore what young people want from life and set meaningful goals. It supports young people who are boundary pushers and risk takers; or those that are disconnecting socially or from school. The Grounded workshop creates a space for participants to express themselves honestly, unfiltered, without judgement while developing a greater social and emotional awareness.

Underpinning the design and delivery of all workshops is a framework of professional wellbeing support, to ensure emotional safety and positive youth connections. ([Click here to find out more](#))

#### Contact Details

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[Click your location to book a workshop](#)

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